



**20th May**  
**World Bee Day**

## Designated Safeguarding Lead



Joanne Fennelly  
Headteacher

### Deputy Designated Safeguarding Leads



Jennifer de Board  
Assistant Headteacher



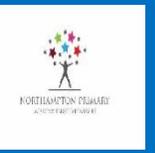
Laura Cunningham  
Inclusion Leader



Hannah Garrard  
Family Support Worker



Natalie Richards  
EYFS Lead



Dear Parents and Carers,

It again has been another great week at school, and it's been wonderful to see the amazing learning and play opportunities taking place across the whole school.

This week we have begun Mental Health Awareness Month, which has a focus on anxiety. Feelings of anxiety for us as adults are a natural and are a human response to stress or a perceived danger and can present as feelings of unease, worry or apprehension to a situation. Knowing ways of coping with these feelings and using strategies such as deep breathing, mindfulness and talking about our feelings with others are helpful ways to relieve the anxiety.

Talking to your child about their feelings will also let them know that we all have a range of feelings and that adults are there to help. If at any point you or your child need help or support with feelings of anxiety, please do let the school know and we can help to support you or direct you to services that can help.

Please take care, have a lovely weekend and I look forward to seeing you next week.

Best wishes

Mrs Fennelly

## POSTER OF THE WEEK

This week we discussed our new flag and how our kindness has such a positive impact on others. We also discussed how being kind makes us happy too. We talked about the many different ways you can be kind to others at home and at school. Well done everyone for your kindness.

**KINDNESS  
MATTERS**

**THROW  
KINDNESS  
AROUND  
LIKE  
CONFETTI**

**BE KIND, ALWAYS**



Parents and visitors are reminded that Danes Camp and Tesco supermarket kindly offer free parking for dropping off and picking up your children.

**The car park at school is for staff parking,  
unless you have a Blue badge**



**Please leave our disabled bays for our disabled staff and visitors, access is  
required at all times.**

**Many thanks**



**PLEASE CHECK THE  
LOST PROPERTY RAIL  
IF YOU HAVE ANY ITEMS  
MISSING**



For centuries bees, among the hardest working creatures on the planet, have benefited people, plants and the environment. By carrying pollen from one flower to another, bees and other pollinators enable not only the production of an abundance of fruits, nuts and seeds, but also more variety and better quality, contributing to food security and nutrition.



Pollination has a positive impact on the environment in general, helping to maintain biodiversity and the vibrant ecosystems upon which agriculture and humanity depend. A wide variety of plants critical to human well-being and livelihoods require pollinators. In fact, bees and other pollinators provide the important ecosystem service of ensuring out-crossing (that is, crossing genes) and, thus, reproduction of many cultivated and wild plants.





## Did you know?



The vast majority of pollinator species are wild, including more than 20,000 species of bees.



Pollinators contribute to 35 percent of the world's total crop production, pollinating 87 of 115 leading food crops worldwide.



Close to 75 percent of the world's crops producing fruits and seeds for human use depend, at least in part, on pollinators.



In many areas, bees, pollinators and many other insects are declining in abundance and diversity.



Our food security, nutrition and the health of our environment depend on bees and pollinators.



Everyone can make a difference to support, restore and enhance the role of bees and pollinators.



# **SPECIAL MEETING**

When: Thursday 25th May  
2023

Time: 7:00pm

Where: School hall

All welcome.



## Dates for your Diary

| Date                | Year group        | Event  |
|---------------------|-------------------|--|
| 29th May – 2nd June | Whole School      | Half Term  |
| 5th June            | Whole School      | Return to School   |
| 7th June            | Parents/Carers    | Friends of Simon de Senlis meeting, all Parents & Carers welcome to join |
| 9th June            | Whole School      | 3:30pm After school Fun Run in memory of Rachel Kiff                     |
| 16th June           | Year 4            | National Art Gallery Visit   |
| 19th June           | Wiggins, R, 1 & 2 | Sports Day   |
| 20th & 21st June    | Year 5            | The Festival at The Derngate   |

## Dates for your Diary

| Date             | Year group            | Event  |
|------------------|-----------------------|--|
| 22nd – 23rd June | Year 3                | Frontier Centre Residential Trip                 |
| 23rd June        | Year 1                | Woburn   |
| 26th-30th June   | Year 6                | West Runton Residential Trip                     |
| 30th June        | Year 2                | Brixworth Country Park                           |
| 6th July         | Robinson, 3, 4, 5 & 6 | Sports Day                                       |
| 8th July         | Whole School          | Summer Fete                                      |
| 13th July        | Year Groups           | SDS Has Talent Year Group Heats                  |
| 14th July        | Whole School          | Art Exhibition in classes                        |
| 20th July        | Year 6                | 1:30pm Leavers assembly. Tea & cake on the field |
| 21st July        | Whole School          | SdS Has Talent Final                             |



## **OUR RULES FOR FOOTBALL AT SIMON DE SENLIS**

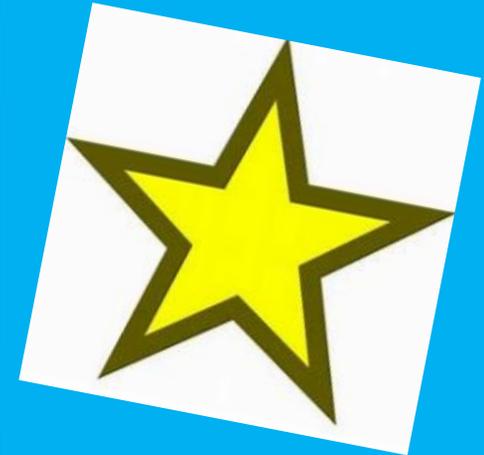
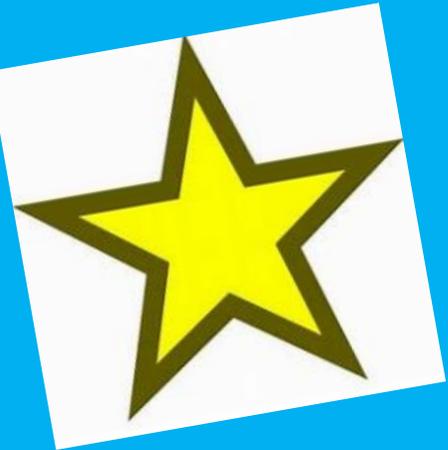
**I WILL FOLLOW THE SCHOOL RULES**

**I WANT TO HELP MY TEAMMATES AND  
EVERYONE INVOLVED TO HELP IMPROVE  
THEIR FOOTBALL SKILLS**

**I WILL THINK ABOUT THE AIM OF MY  
TACKLES TO WIN THE BALL**

**ANY ARGUMENTS WILL STAY ON THE  
PITCH AND I WILL RESPECT THE REFEREE'S  
DECISION**

**IF I CAN'T FOLLOW THESE RULES I  
MIGHT NOT GET TO CONTINUE PLAYING  
FOOTBALL AT SDS**



**Children, can you dance, sing, play an instrument, tell a joke, juggle, are a great gymnast? Whatever your talent, on your own or in a team, start practising for the SDS's Got Talent final on the last day of term, July 21st!!**

**Year group heats will take place on July 13th. Two acts per year group will go through to the final on the last day of term. Good luck everyone!**



NPAT TERM DATES 2022-23

| TERM DATES | STARTING                 | ENDING                  |
|------------|--------------------------|-------------------------|
| TERM 1     | Monday 5 September 2022  | Friday 21 October 2022  |
| TERM 2     | Tuesday 1 November 2022  | Friday 16 December 2022 |
| TERM 3     | Wednesday 4 January 2023 | Friday 10 February 2023 |
| TERM 4     | Tuesday 21 February 2023 | Friday 31 March 2023    |
| TERM 5     | Monday 17 April 2023     | Friday 26 May 2023      |
| TERM 6     | Monday 5 June 2023       | Friday 21 July 2023     |

**TRAINING DAYS**

|  |
|--|
| Thursday 1 and Friday 2 September 2022   |
| Monday 31 October 2022 (NPAT Conference) |
| Tuesday 3 January 2023                   |
| Monday 20 February 2023                  |

| SCHOOL HOLIDAYS<br><small>(NOT INCLUDING TRAINING DAYS)</small> | FROM                    | TO                      |
|---|-------------------------|-------------------------|
| OCTOBER   | Monday 24 October 2022  | Friday 28 October 2022  |
| CHRISTMAS   | Monday 19 December 2022 | Monday 2 January 2023   |
| FEBRUARY  | Monday 13 February 2023 | Friday 17 February 2023 |
| EASTER  | Monday 3 April 2023     | Friday 14 April 2023    |
| MAY   | Monday 29 May 2023      | Friday 2 June 2023      |

| BANK HOLIDAYS   |
|---|
| Christmas Holidays<br>Monday 26 & Tuesday 27 December 2022            |
| Bank Holiday<br>Monday 2 January 2023                                 |
| Easter Weekend<br>Friday 7 & Monday 10 April 2023                     |
| May Bank Holidays<br>Monday 1 May, Monday 8 May* & Monday 29 May 2023 |
| Summer Bank Holiday<br>Monday 28 August 2023                          |

\*Coronation of King Charles

Pupil Days

Bank Holidays

School Holidays

Teacher Training Days

# NPAT Academic Calendar 23/24

**Teacher Training Days**  
Monday 4 September 2023  
Tuesday 5 September 2023  
Monday 30 October 2023  
Monday 26<sup>th</sup> February 2024  
Monday 3<sup>rd</sup> June 2024

| September 2023 |   |   |    |    |    |
|----------------|---|---|----|----|----|
| Mon            |   | 4 | 11 | 18 | 25 |
| Tues           |   | 5 | 12 | 19 | 26 |
| Wed            |   | 6 | 13 | 20 | 27 |
| Thu            |   | 7 | 14 | 21 | 28 |
| Fri            | 1 | 8 | 15 | 22 | 29 |

| October 2023 |  |   |    |    |    |
|--------------|--|---|----|----|----|
| Mon          |  | 2 | 9  | 16 | 23 |
| Tues         |  | 3 | 10 | 17 | 24 |
| Wed          |  | 4 | 11 | 18 | 25 |
| Thu          |  | 5 | 12 | 19 | 26 |
| Fri          |  | 6 | 13 | 20 | 27 |

| November 2023 |  |   |    |    |    |
|---------------|--|---|----|----|----|
| Mon           |  |   | 6  | 13 | 20 |
| Tues          |  |   | 7  | 14 | 21 |
| Wed           |  | 1 | 8  | 15 | 22 |
| Thu           |  | 2 | 9  | 16 | 23 |
| Fri           |  | 3 | 10 | 17 | 24 |

| December 2023 |   |   |    |    |    |
|---------------|---|---|----|----|----|
| Mon           |   | 4 | 11 | 18 | 25 |
| Tues          |   | 5 | 12 | 19 | 26 |
| Wed           |   | 6 | 13 | 20 | 27 |
| Thu           |   | 7 | 14 | 21 | 28 |
| Fri           | 1 | 8 | 15 | 22 | 29 |

| January 2024 |   |    |    |    |    |
|--------------|---|----|----|----|----|
| Mon          | 1 | 8  | 15 | 22 | 29 |
| Tues         | 2 | 9  | 16 | 23 | 30 |
| Wed          | 3 | 10 | 17 | 24 | 31 |
| Thu          | 4 | 11 | 18 | 25 |    |
| Fri          | 5 | 12 | 19 | 26 |    |

| February 2024 |   |   |    |    |    |
|---------------|---|---|----|----|----|
| Mon           |   | 5 | 12 | 19 | 26 |
| Tues          |   | 6 | 13 | 20 | 27 |
| Wed           |   | 7 | 14 | 21 | 28 |
| Thu           | 1 | 8 | 15 | 22 | 29 |
| Fri           | 2 | 9 | 16 | 23 |    |

| March 2024 |   |   |    |    |    |
|------------|---|---|----|----|----|
| Mon        |   | 4 | 11 | 18 | 25 |
| Tues       |   | 5 | 12 | 19 | 26 |
| Wed        |   | 6 | 13 | 20 | 27 |
| Thu        |   | 7 | 14 | 21 | 28 |
| Fri        | 1 | 8 | 15 | 22 | 29 |

| April 2024 |   |    |    |    |    |
|------------|---|----|----|----|----|
| Mon        | 1 | 8  | 15 | 22 | 29 |
| Tues       | 2 | 9  | 16 | 23 | 30 |
| Wed        | 3 | 10 | 17 | 24 |    |
| Thu        | 4 | 11 | 18 | 25 |    |
| Fri        | 5 | 12 | 19 | 26 |    |

| May 2024 |   |    |    |    |    |
|----------|---|----|----|----|----|
| Mon      |   | 6  | 13 | 20 | 27 |
| Tues     |   | 7  | 14 | 21 | 28 |
| Wed      | 1 | 8  | 15 | 22 | 29 |
| Thu      | 2 | 9  | 16 | 23 | 30 |
| Fri      | 3 | 10 | 17 | 24 | 31 |

| June 2024 |  |   |    |    |    |
|-----------|--|---|----|----|----|
| Mon       |  | 3 | 10 | 17 | 24 |
| Tues      |  | 4 | 11 | 18 | 25 |
| Wed       |  | 5 | 12 | 19 | 26 |
| Thu       |  | 6 | 13 | 20 | 27 |
| Fri       |  | 7 | 14 | 21 | 28 |

| July 2024 |   |    |    |    |    |
|-----------|---|----|----|----|----|
| Mon       | 1 | 8  | 15 | 22 | 29 |
| Tues      | 2 | 9  | 16 | 23 | 30 |
| Wed       | 3 | 10 | 17 | 24 | 31 |
| Thu       | 4 | 11 | 18 | 25 |    |
| Fri       | 5 | 12 | 19 | 26 |    |

| August 2024 |  |   |   |    |    |
|-------------|--|---|---|----|----|
| Mon         |  |   | 5 | 12 | 19 |
| Tues        |  |   | 6 | 13 | 20 |
| Wed         |  |   | 7 | 14 | 21 |
| Thu         |  | 1 | 8 | 15 | 22 |
| Fri         |  | 2 | 9 | 16 | 23 |

# YEAR 6 LEAVERS PARTY

# LEAVERS PARTY 2023!



**SATURDAY 22ND  
JULY 2023  
6PM TO 9PM**



**GRANGEWOOD  
RESIDENTS CLUB  
50 BARN OWL CLOSE  
NN4 0UA**

**TICKETS  
£15 EACH  
INCLUDES DISCO,  
HOT FOOD,  
AND LEAVER'S GIFT!**

Tickets available to buy from the Year 6 Classroom doors on:  
Friday 26th May and Friday 16th June. Cash only.

If you need to arrange a different payment method or ticket collection please email [year6plans@hotmail.com](mailto:year6plans@hotmail.com)

Disclaimer: This event is organised by parent volunteers and we are not responsible for your child.



Northamptonshire  
Police



Wootton Community Safety Event, Thursday 1st  
June, 11am to 2pm.

Please come along to **Wootton Community Centre, Curtlee Hill** on **Thursday 1st June** between **11am and 2pm** where Northants Police will be hosting a Community Safety Event along with numerous partner agencies.

# Wootton Community Safety Event



Thursday 1st June, 11am to  
2pm Wootton Community  
Centre

## **Place Value with Michael Underwood**



White Rose Maths have teamed up with TV presenter, teacher and parent Michael Underwood to bring you a mini-series called Maths with Michael.

The first episode in the series explains the importance of place value . Place value is simply the size of a number and how that number can be broken down. This is always the first 'block' of teaching in all year groups throughout the school. The reason for this is that when children have a secure understanding of numbers, they can apply this knowledge to their future knowledge. Place value is the foundation that future maths is built upon.

**Please follow the link below to have a look at the video**

<https://whiterosemaths.com/for-parents/maths-with-michael/>

## Spreading Reading Happiness!

Our Reading Champions have been spreading happiness in our local community. Have you found one of our hidden books? Last week, we hid 10 books in the local area, at Tesco, Costa, Danes camp, Grangewood Park and more! If you find one of these books, take it home, read it (or give it to someone else to read) and put it back in a new place for someone else to find. It's a bit like Hide and Seek!

At Simon de Senlis we love to read and love to share our love of reading with others. If you find one of our books, please let us know and look out for more books appearing around our community spaces soon.





Simon de Senlis

## Spreading Reading Happiness

Simon de Senlis

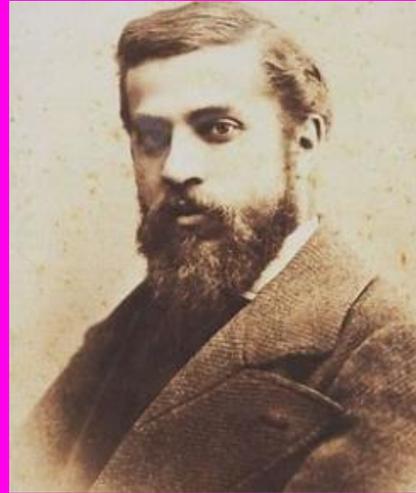
We are so pleased that you've found this book! We love reading at Simon de Senlis Primary School and wanted you to share this enjoyment with us. Please enjoy reading this book or give it to someone that will, then place it back into the plastic wallet and place it somewhere in the community for someone else to find and read.

We hope that over the weeks and months, many people will enjoy reading this book.

From

The Reading Ambassadors and pupils at Simon de Senlis Primary School

## Architect of the Week- Antoni Gaudí



Gaudí spent his entire career in Barcelona, where he built all of his projects, the most famous of which is the 1883 cathedral known as La Sagrada Família, still under construction today. His style was an ornate mix of Baroque, Gothic, Moorish and Victorian elements that often featured ornamental tile-work, and drew upon forms found in nature—an influence that can be seen in the tree-like columns holding up the vast interior of his church, as well as the undulating facade of another of his famous creations, the apartment block known as the Casa Milà (inspired by the multi-peaked mountain just outside of Barcelona called Montserrat). Gaudí's work would go on to have a tremendous impact on subsequent generations of modernists.



## Library Poem

*by Julia Donaldson*

Everyone is welcome to walk through the door.  
It really doesn't matter if you're rich or poor.  
There are books in boxes and books on shelves.  
They're free for you to borrow, so help yourselves.

Come and meet your heroes, old and new,  
From William the Conqueror to Winnie the Pooh.  
You can look into the mirror or read The Times,  
Or bring along a toddler to chant some rhymes.

Are you into battles or biography?  
Are you keen on gerbils or geography?  
Gardening or ghosts? Sharks or science fiction?  
There's something here for everyone, whatever your addiction.

There are students revising, deep in concentration,  
And school kids doing projects, finding inspiration.  
Over in the corner there's a table with seating,  
So come along and join in the Book Club meeting.

Yes, come to the library! Browse and borrow,  
And help make sure it'll still be here tomorrow.



## Musician of the Week-

**Lang Lang** (born 14 June 1982) is a Chinese pianist who has performed with leading orchestras in China, North America and Europe. He has been playing since the 1990s and was the first Chinese pianist to play for the Berlin and Vienna Philharmonic along with other key American orchestras. He has been called- the biggest, most exciting young pianist. Lang is considered by many as one of the most accomplished classical musicians of modern times. Watch Lang Lang play The Bear Necessities here:

[Lang Lang - The Bare Necessities From "The Jungle Book" - YouTube](#)



## School Mental Health Leads

### Ms Cunningham and Miss Garrard are the Mental Health Leads at Simon de Senlis

If you have any worries or concerns about any aspect of your child's mental wellbeing please speak to your child's class teacher or contact us in school.



Laura Cunningham

Inclusion Leader  
Deputy Designated Safeguarding Lead  
Mental Health First Aider



Hannah Garrard

Family Support Worker  
Deputy Designated Safeguarding Lead  
Mental Health First Aider



# Simon de Senlis Primary Weekly Update – 19th May 2023



## Meaningful May 2023

### MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

### TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

### WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

### THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why

### FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

### SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

### SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Mental Health Awareness Week 2023



This week is Mental Health Awareness Week and anxiety is the one of the themes for this year.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. In children, lots of things can lead to feelings of anxiety, including experiencing sudden change, struggles at school, having responsibilities beyond their age range, experiencing family stress (such as money or debt), going through a traumatic experience or other big life events.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

For more information and tips to help children cope with anxiety please visit:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/#Howtohelpyourchildinananxiousmoment>

## How to help your child in an anxious moment

When your child is in the middle of a very anxious moment, they may feel frightened, agitated or worried about having a panic attack. The important thing to do in the moment is to help them calm down and feel safe.

These strategies can help:



Breathe slowly and deeply together.

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.



Sit with them and offer calm physical reassurance.

Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.



Try using all five senses together.

Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.



Reassure them that the anxiety will pass and that they will be okay.

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.



Ask them to think of a safe and relaxing place or person in their mind.

If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.



Encourage them to do something that helps them to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

**YOUR WELLBEING MATTERS**

**Northampton MIND**  
28th June 2023

**Corby MIND**  
12th July 2023

**Wellingborough MIND**  
11th September 2023

**Towcester MIND**  
14th September 2023

**10:00-14:00**

**Free Lunch Provided**

**WHATS ON OFFER!**  
Mindfulness  
Mental Health Services  
Local Carers support  
Anxiety Workshops  
Health and well-being  
Community Services  
Time for you....

**IN PARTNERSHIP WITH** **mind**  
Northamptonshire

**OPEN TO ALL PARENT/CARERS OF YOUNG PEOPLE WITH S.E.N.D**

## Looking After Your Wellbeing Online

The online world and digital technology has become such a significant part of our lives – and integral to so many aspects of our daily routine – that we shouldn't be surprised at the degree of influence it can wield over what we think and how we feel. Many experiences that young people have on the internet are hugely positive and uplifting ... but sadly, that's not always the case.

Negative incidents online – such as disagreements with other users, stumbling across upsetting content or feeling left out by friends – can be intensely damaging to a child's emotional state. Our #WakeUpWednesday poster has some useful tips for young people and trusted adults on how even small, simple actions can help to protect our wellbeing when we're on the internet.



Miss Garrard says...

## 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

### TRACK ITS LOCATION



Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

### THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

### STORE MEDICAL INFO



Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

### AVOID CHEAP OPTIONS



A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

### CONTROL CALLING



Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

### BEWARE HIDDEN COSTS



For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## Miss Garrard says...

### ENABLE FAMILY SHARING



Apple Watches aren't cheap, but they *do* offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

### USE THEM AS MOTIVATION



If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

### MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school *does* permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.



### BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.



If you would like any more advice or guidance around the use of smart watches, please get in touch!

If you are a keen coder and what to practice your coding skills, there are some fantastic tutorials which you can work through from home!

# Want to scrub up on your Scratch skills?

Select the Create tab

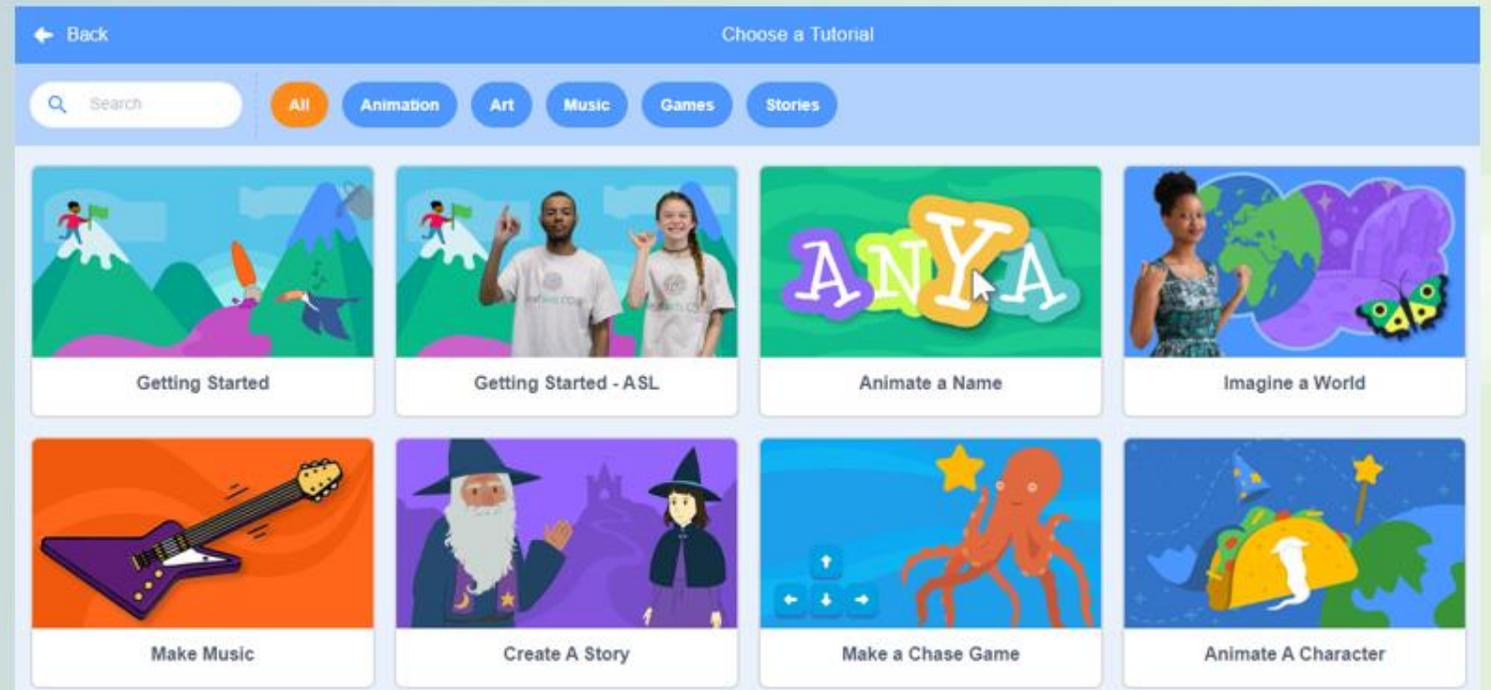


Then select Tutorials



Select a tutorial which you are interested in!

Be sure to share it with us in school!



## West Northamptonshire Council SEND Support Service (SSS): **Northampton Spectrum Course**



West  
Northamptonshire  
Council

Free course for parent/carers of children aged 8+ who are on the pathway or have an autism diagnosis who live in West Northamptonshire.

**Six Weekly Sessions Starting  
Thursday 8 June 2023  
(6.30pm-8.30pm)**

Kingsthorpe Children's Centre,  
St. David's Road, Northampton  
NN2 7QJ

*On-site parking available*

For more information and to  
book, visit:

**<https://buff.ly/3GBIxJm>**

## Think of the Week

A **think** is an **unusual question** that makes you **think**. A beguiling question about everyday things that stops you in your tracks and helps you start to look at the world in a whole new light.



**Is it still winning if  
you have cheated?**



# IN ASSEMBLY THIS WEEK

This week in assembly, we looked in much more detail at how people have a say in the running of the country. We talked about the voting process, how adults cast their votes, how secret ballots are held for elections and why they are important. The children asked lots of thoughtful questions about the process.



# STREET ballet modern ACROBATIC ARTS MUSICAL THEATRE TAP



ALL ENGLAND  
DANCE FINALISTS



CLASSES  
FROM 18  
MONTHS  
OLD

TEAM ENGLAND FOR™



WORKING WITH:



Imperial Society of  
Teachers of Dancing

## CONTACT US

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[www.oncoredanceacademy.co.uk](http://www.oncoredanceacademy.co.uk)

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WE ACCEPT  
CHILDCARE  
VOUCHERS  
& TAX FREE  
CHILDCARE!

 **PACESETTER**  
SPORTS & WELLBEING

# MAY HALF TERM SPORTS CLUBS

TUESDAY 30TH MAY - FRIDAY 2ND JUNE

**REDWELL  
PRIMARY SCHOOL**

**9AM - 4PM  
£23.50 PER DAY**

**MULTISPORTS  
& GYMNASTICS**

Wellingborough. NN8 5LQ

**ABINGTON  
PDC**

**9AM - 4PM  
£23.50 PER DAY**

**MULTISPORTS  
& GYMNASTICS**

Northampton. NN1 5JS

**BOOK 5 OR  
MORE FULL  
DAYS IN  
THE SAME  
ORDER &  
SAVE 10%!**

**KING'S  
PARK SPORTS**

**9AM - 4PM  
£23.50 PER DAY**

**MULTISPORTS**

Northampton. NN3 6LL

**ACTIVITIES  
INCLUDING FOOTBALL,  
DODGEBALL,  
TENNIS, CRICKET,  
BASKETBALL, HOCKEY,  
BADMINTON...AND  
LOTS OF FUN GAMES!**

Book online at:

**[WWW.PACESETTERONLINE.CO.UK/HOLIDAY](http://WWW.PACESETTERONLINE.CO.UK/HOLIDAY)**

[www.pacesetteronline.co.uk](http://www.pacesetteronline.co.uk)

T. 01604 686367 E. [info@pacesettersports.co.uk](mailto:info@pacesettersports.co.uk)



We are proud to announce that we are now fully OFSTED Registered and as a result of this, we are able to accept all types of childcare vouchers and the government tax-free scheme as payment for our services.

This is something we have been working on for some time that will hopefully allow even more people to join us at our amazing Holiday Camps.

## HOW TO REGISTER

To register for any of our Camps throughout the year, please head to our website.

**Rhinosportsacademy.co.uk/camps**

Select the camp activity and dates you desire and your good to go.

### NEED SOME HELP REGISTERING?

If you are experiencing any difficulties registering your child for one of our clubs or camps please don't hesitate to get in contact with one of the team who will be more than happy to help.

 @Rhinosportsacademy

 @RhinoSportsAcad

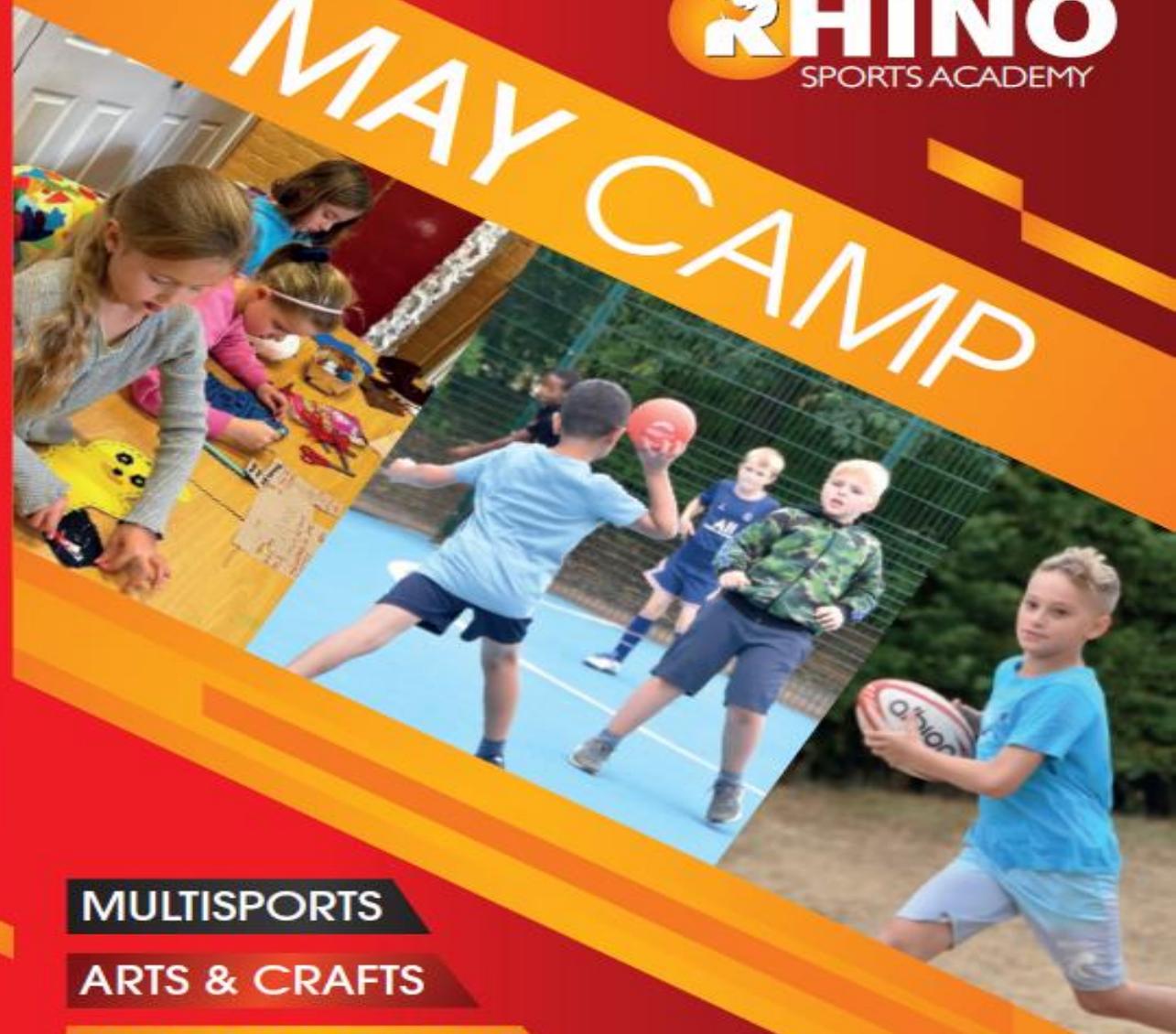
 @rhinosportsacademy

Phone: 07894 713006

Email: [enquiries.rhinosportsacademy@gmail.com](mailto:enquiries.rhinosportsacademy@gmail.com)



# MAY CAMP



**MULTISPORTS**

**ARTS & CRAFTS**

**PERFORMING ARTS**

**RHINOSPORTSACADEMY.CO.UK/CAMPS**

We are pleased to announce Rhino Sports Academy Camps will be held at two different venues this May. Blisworth Primary School and Good Shepherd Primary School

Here is some more information on what each activity will include on the day. We encourage children to try out new experiences and if on the day your child wants to swap over and do something different that is no problem at all.

## MULTISPORTS

At a Rhino multisport camp, every child spends a portion of their day participating in each of the sports on offer. They will learn the rules of the game plus new skills and new techniques for the first part before moving on to match play and games for the latter part.

Our Multisport Camps are a great way for children to enjoy some sporting variety and encourage participation in new sports for those still looking to find out which sport they enjoy the most.

Our coaches are all passionate about healthy competition and about exploring the fun and excitement that playing sport can bring. Prizes will be awarded for effort and excellence shown throughout the day.



## PERFORMING ARTS

Rhino Dramatics and Rhino Dance are coming together to offer something special to those who love to explore their expression and will learn new ways of using voice and body and naturally build up their confidence whilst having heaps of fun in the process.

Every child will spend their day learning, devising and performing different areas of Dance & Drama with experienced and passionate coaches. We will focus on learning new techniques, creating new work and promoting confidence in performance. Making our performing arts camp fun and engaging for all involved.

Prizes will be awarded for effort and excellence shown throughout the day.



## ARTS & CRAFTS

Our brand new Arts & Crafts Camp will be a great opportunity for children who love to be creative and get a bit messy. We will help your children discover their unique abilities and find their artistic talents. They will have lots of fun doing lots of different activities from colouring to painting, making things out of different materials and exploring new ways of learning. With the option to do some baking and decorating



## BLISWORTH CAMP

Blisworth Primary School, Courteenhall Road,  
Northampton NN7 3DD  
9am-4pm  
Ages 4-12

Multisports Camp  
29th May- 2nd June  
Full Week - £100.00  
Full Day - £22.50  
Half Day - £15.00

Performing Arts & Crafts  
29th May- 2nd June  
Full Week - £115.00  
Full Day - £25.00  
Half Day - £15.00

## GOOD SHEPHERD CAMP

Good Shepherd Primary School, Kingsland Gardens,  
Northampton NN27BH  
9am-4pm  
Ages 4-12

Multisports Camp  
30th May- 2nd June  
Full Week - £80.00  
Full Day - £22.50  
Half Day - £15.00

Performing Arts & Crafts  
30th May- 1st June  
Full Week - £65.00  
Full Day - £25.00  
Half Day - £15.00

# THE RHINO SHOP

Order your Rhino clothing from our online store



visit: [rhinosportsacademy.co.uk/shop](http://rhinosportsacademy.co.uk/shop)

# MAY HALF TERM



**Kids Club**

Ages 7 - 17 yrs

**Parent & Tot**

Ages 2 -4 yrs

**Parent & Child**

Ages 4 - 7 yrs

**Discover Paddlesports**

Suitable for all ages 7+

**Taster Days**

Suitable for all ages 7+

29th May  
-  
2nd June

Northampton Active  
NN4 7AA

Check online  
for times

We have a wide range of activities to be enjoyed here (Session depending)

Canoeing  
Kayaking  
Paddleboarding  
MEGA Paddleboard  
Archery  
High Ropes

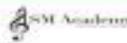
Whitewater Tubing  
Whitewater Rafting  
Problem Solving  
And more...





## May Half Term 2023

# Holiday Fun

|  |   |
|--|---|
| <b>Games /Sports</b>    | <b>Atomic Science</b>        |
| <b>Arts &amp; Crafts</b>    | <b>YOGA and Mindfulness</b>  |
| <b>Big Bubble</b>   | <b>Music</b>                 |
| <p>Is it for me?<br/> <b>Open to Primary age children from Reception to Age 11</b><br/>         How much?<br/> <b>£15 per day, 9am – 3.30pm each day</b><br/>         How do I book?<br/> <b>To book spaces please visit: <a href="http://www.northamptonesco.co.uk">www.northamptonesco.co.uk</a>, you can book as many days as you require. Full details can be seen on our website/facebook page.</b><br/>         What do I need?<br/> <b>Packed Lunch and plenty of drinks.</b><br/> <b>Wear clothes suitable for moving freely and trainers/plimsolls.</b><br/> <b>Parents/Carers must drop off and pick up children.</b><br/> <b>Please ensure your child's lunch does not contain any nuts.</b><br/>         Queries?<br/>         Email- <a href="mailto:holidaycamps@northamptonesco.co.uk">holidaycamps@northamptonesco.co.uk</a> or call/text 07940 705535</p> |   |

| Tuesday<br>30 <sup>th</sup> May   | Wednesday<br>31 <sup>st</sup> May   | Thursday<br>1 <sup>st</sup> June   | Friday<br>2 <sup>nd</sup> June  | Venue  |
|---|---|--|---|--|
| <b>Big Bubble</b><br>      | <b>Sports</b><br>          | <b>Science</b><br>    | <b>Games</b><br>     | <b>Millway Primary School</b><br><br><b>Millway, Duston,</b><br><b>Northampton</b><br><b>NN5 6ES</b> |
| <b>Arts and Crafts</b><br> | <b>Arts and Crafts</b><br> | <b>Yoga</b><br>       | <b>ISM Music</b><br> |  |
| <b>Circus Skills</b><br>   | <b>ISM Music</b><br>       | <b>Big Bubble</b><br> | <b>Science</b><br>   |  |



ELITE FOOTBALL COACHING

# EFC FOOTBALL DEVELOPMENT CAMP

**JUNE 1ST 2023**

**Boys and Girls Aged 6 - 13**

**CAMP TIME 09:00AM - 03:00PM**

**The Obelisk, Northampton, NN2 8UE**

**£26 PER DAY**



ALL PLAYERS ARE WELCOME AND WILL TRAIN IN SMALL GROUPS BROKEN UP BY AGE AND ABILITY SO THEY CAN LEARN AT THEIR OWN PACE.

**[WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE](http://WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE)**





# GIRLS FOOTBALL DEVELOPMENT CAMP

*ONLY FEMALE FOCUSED DEVELOPMENT CAMP IN NORTHAMPTONSHIRE.*

MAY  
**30**

MEMORIAL SPORTS FIELD  
SYWELL ROAD, NN8 6BS

JUNE  
**1**

OBELISK CENTRE  
NORTHAMPTON, NN2 8UB

**ALL CAMPS RUN 9AM - 3PM**  
**GIRLS AGED | 6 - 14**

**£26 PER DAY**



[WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE](http://WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE)



# World Cup



# FEMALE FESTIVAL



WELLINGBOROUGH  
OLD GRAMMARIANS  
NN8 6BS



SUNDAY 23RD  
JULY 2023



10AM - 4PM



## Tournament

5-A-SIDE

U9 | U11 | U13

9-A-SIDE

U15

EARLY BIRD  
OFFER  
£20  
P/TEAM  
UNTIL 23/04

## Skill Sessions

5-11 YEAR OLDS

FREE! SIGN UP  
HERE!

ENTER HERE!



FALCON FRANKIE | BOUNCY CASTLE | FACE PAINT | STALLS | REFRESHMENTS

For more information please contact: [Harley.Collyer@NorthantsFA.com](mailto:Harley.Collyer@NorthantsFA.com)



# Female FOOTBALL OPPORTUNITIES



There are a number of different opportunities for females to play football around Northamptonshire

## OPPORTUNITIES

WILDCATS | SQUAD GIRLS'  
GRASSROOTS | RECREATIONAL  
WALKING FOOTBALL

5-11 YEAR OLDS



12 YEARS OLD +



Scan here!

[www.northantsfootball.com/femaleopportunities](http://www.northantsfootball.com/femaleopportunities)

# U12'S NEWS



WEDNESDAY'S  
18:30-20:00  
NN1 5RX

OLD  
NORTHAMPTONIANS  
RFC

SUNDAY'S  
13:30-15:00  
NN1 5RX

**RUGBY TRAINING 18:30-20:00**



## OLD NORTHAMPTONIANS U12s GIRLS RUGBY TRAINING

JOIN OUR TEAM ON'S U12S ARE RECRUITING!  
WHETHER YOU HAVE PLAYED BEFORE OR BRAND  
NEW WE WOULD LOVE TO HAVE YOU AS PART OF  
OUR TEAM

TRAINING IS WEEKLY WEDNESDAY'S 18:30-20:00  
& SUNDAY'S 13:30-15:00

FOR MORE INFO CONTACT  
TONY:07368223120 or  
EMAIL:[fionagirlsrugby@gmail.com](mailto:fionagirlsrugby@gmail.com)





***19TH MAY  
2023***

**SOME  
NEWS FOR  
OUR  
CHILDREN**



Picture  
News

**Should all animals  
be treated equally?**

©NPA/John Evison/Corbis



## Let's look at this week's story

Blackpool Zoo is looking to hire a team of people in an attempt to scare away nuisance seagulls - by dressing them in bird costumes. Blackpool Zoo says the birds have been persistently stealing food from visitors and animal enclosures. The role, which would be housed within the Zoo's Visitor Services team, will involve someone dressing up as an eagle and keeping seagulls away from the main visitor dining areas.

## Feathered Friends Facetime

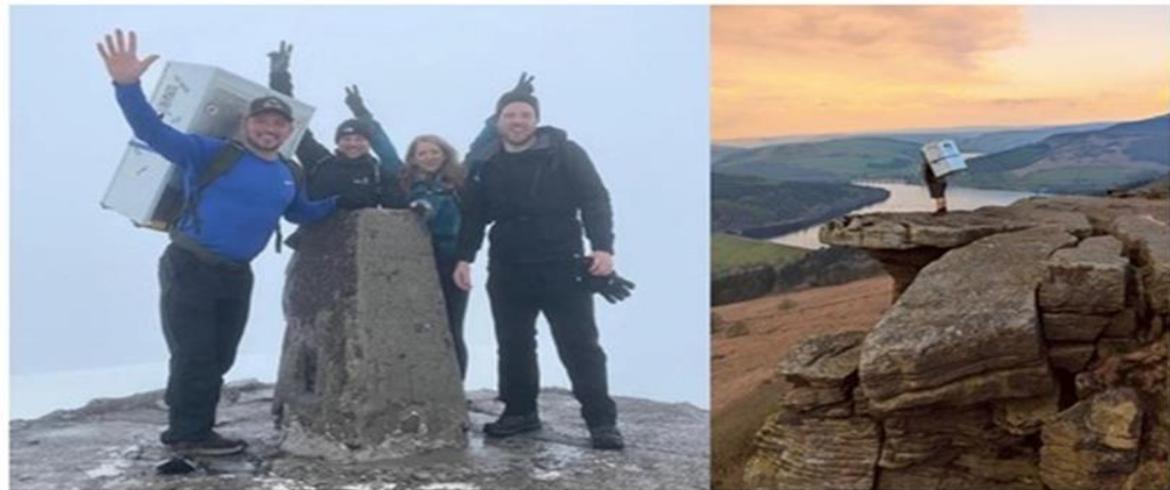
Pet parrots in the USA have been learning to video call each other and they love it, announced Rébecca Kleinberger and Jennifer Cunha from Northeastern University, Boston. New research by scientists at the American university has revealed that the parrots in the study enjoyed their interactions so much, they wanted to repeat them again and again. The parrots made friends with each other and had certain buddies that they would rather call than others. They had tablets with images of the parrots they could call so they could indicate by tapping on the picture with their beaks who they would like to chat with. The study showed that the pet birds learned to make video calls to chat with other parrots, then developed friendships, with their owners reporting that they thought the calls helped to combat loneliness in their feathered friends. The video calls, which were limited to 5 minutes at a time, are also thought to have helped the parrots learn new skills, such as flying and more words! Birds are America's fourth favourite pet, with over 20 million pet parrots currently living in people's homes.



**Pictured:** Goffin's cockatoos (top) Macaw parrot (bottom) **Source:** Canva

**Do you think it is a good idea for animals to make video calls?**

## Marvellous Mountaineer



Michael Copeland, a former soldier from Stafford, has completed his challenge to conquer the three peaks in under 24 hours, with a fridge on his back! Mike decided to summit the highest mountains in England, Scotland, and Wales to raise money for mental health charity, Mind. The three peaks challenge is popular with hikers but people don't normally attempt the 23-mile (37Km) trek, with a total ascent of 3064 metres, carrying a fridge! He first climbed Scotland's highest peak, Ben Nevis, before scaling Scafell Pike in the Lake District, England, lastly Snowdon in Wales, only completing his descent with 10 minutes to spare by running at the end! Speaking of his amazing achievement, he said, 'The fridge represents the burden that mental

**Pictured:** Mike (carrying his fridge) with friends at the top of Ben Nevis during his 3 peak challenge and at landmark Bamford Edge. **Source:** Michael Copeland's Facebook page.

health can have on us all... The whole challenge felt like a movie with the changing weather conditions... 30-40mph winds as we were going up Snowdon so it almost felt like a grown adult was trying to push me over. Climbing Ben Nevis and Scafell Pike was okay as there wasn't any wind however, when we got to the top of Ben Nevis we were met with 12 inches of snow and minus conditions. I was running with the fridge on my back, it was banging against my back and it was very uncomfortable, but I couldn't not finish it.' **Do you like to challenge yourself?**

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)



# School Powered by "Kiddywatts"



A new 'groundbreaking' energy-efficient school has opened its doors to school children in Powys, Wales. The specially designed building will use pupils' own heat to keep its classrooms warm. Triple-glazed windows, highly insulated walls and an airtight construction mean very little energy is lost from the building. Ian Pilcher, Housing Estates and Property Manager at Powys County Council, said the warmth generated by the students is informally known as 'kiddywatts'. He explained that, 'We use the heat that the people in the building generate and because it's so thermally insulated we don't lose a lot of that.' This warm air is then moved around the building using a ventilation unit so no gas central heating is required. Air source heat pumps are also



used to generate heat and solar panels on the school's roof produce electricity. Angharad Davies, who is the school headteacher, said, 'This new building represents us and has helped create our vision for what this school can be. I can't believe how lucky I am to be head of this wonderful school, where we celebrate that nobody is perfect, and everyone is different.' **Do you think every building could be more energy efficient?**

Last week's topic:

How do you choose to celebrate significant events?

Doing something different that you wouldn't normally do is a good way to mark an event.

Greg

In my opinion I think that we (as a country) celebrate significant events by coming up with a certain day to celebrate them publicly as a country having lots of fun and understanding the meaning of the event.

Sukhjot

I always want to be with my friends to celebrate.

Ian

I love doing something special to celebrate important events either to do with birthdays, anniversaries or any other important dates!

Yesilya



Let us know what you think about this week's news?



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# Reflection



Whilst all animals should be treated with respect, there may be times when measures need to be put in place to ensure safety for all.



# TAKEHOME

15 - 21  
May



Should all animals  
be treated equally?



## In the news this week

Blackpool Zoo is looking to hire a team of people in an attempt to scare away nuisance seagulls - by dressing them in bird costumes. Blackpool Zoo says the birds have been persistently stealing food from visitors and animal enclosures. The role, which would be housed within the Zoo's Visitor Services team, will involve someone dressing up as an eagle and keeping seagulls away from the main visitor dining areas.

### Things to talk about at home ...

- > Have you seen a seagull? Have they ever been an inconvenience to you?
- > Share your thoughts on the new role for deterring seagulls.
- > Is it a job you think you would like to do?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

